

## WHAT TO EXPECT ON THE DAY

Each psychiatric assessment is different and is designed to focus on the questions asked by the Court, relevant to the person's circumstances.

As a result, it is hard to predict exactly how long a psychiatric interview will take. We usually advise allowing up to two hours for an assessment interview, with some extra time to complete any questionnaires if necessary.

Children's Court Clinic  
**Address:** 477 Little Lonsdale St  
Melbourne VIC 3000

### Directions Details:

The Clinic is located inside the Melbourne Children's Court on the ground floor to the left of the main foyer.

**Phone:** (03) 8638 3301

**Email:** [clinicappt@courts.vic.gov.au](mailto:clinicappt@courts.vic.gov.au)



## PSYCHIATRIC ASSESSMENT

Children's Court Clinic

## WHAT IS A PSYCHIATRIST?

A psychiatrist is a medical doctor who has completed specialised training in psychiatry, which relates to the diagnosis, treatment and management of mental, emotional and behavioural disorders.

All psychiatrists must be registered with the Australian Health Practitioners Registration Association (AHPRA) and are required to meet high education, training, ethical and professional standards, and undertake ongoing training and skill development.

Within the Children's Court Clinic, we have a number of experienced psychiatrists who are available to provide psychiatric assessments to children, adolescents or adults. Each is an expert in assessing and recognising severe mental health difficulties.



## WHAT IS A PSYCHIATRIC ASSESSMENT?

A psychiatric assessment is generally carried out to diagnose mental health difficulties, and how this is impacting upon a person's presentation and behaviour. This information can then be used as part of the person's care and treatment moving forward.

A psychiatric assessment done by the Clinic is an independent assessment requested by the Children's Court, and not any other service. This process usually involves taking part in an interview with the psychiatrist, and you may also be asked to complete some questionnaires that help gather additional relevant information. The psychiatrist may also ask for your consent to contact other services that have previously been involved in your care. This information is used to write a report which outlines your mental health presentation and any identified areas of need. This report is then submitted directly to the Court.

Please note, a psychiatric assessment is not a test. It will mostly involve having a conversation with the psychiatrist and answering questions about yourself, so that they can understand your circumstances and experiences. This often includes questions about your background/upbringing, mental and physical health, substance use (if any), previous treatments, as well as your relationships with the people around you.

## WHAT TO BRING?

We recommend bringing snacks and water for the day. A vending machine is available on level 1 for drinks and small snacks. There are cafes and convenience stores nearby. You can request a break at any time.

When attending the assessment, it is really important to bring things like glasses or hearing aides to make sure you can participate as best as possible. Please also take any prescribed medication as guided by your doctor.

If you have a condition you think will affect your ability to complete the assessment, just let the psychiatrist working with you know before the assessment starts.